



Fall/Winter 2015 Safety Campaign

**Preserving Combat Readiness
Saving Lives**

Fall/Winter Focus Areas

- How Sailors and Marines got hurt
- Cars, motorcycles and traffic
- Alcohol Awareness
- Sexual assault
- Suicide awareness
- Firearms



How Sailors and Marines Got Hurt

Top Six Injury-Producing Activities, Fall/Winter 2014

1. Physical Fitness Training – 180 injuries



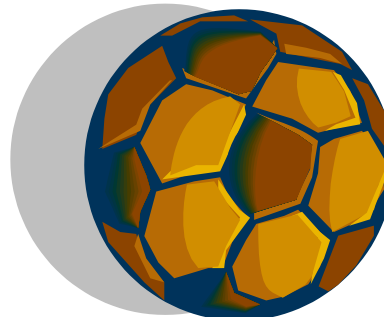
2. Football – 150 Injuries

3. Basketball – 124 Injuries

4. Ascending/Descending Stairs - 93

5. Food Preparation - 58

6. Soccer - 40



Frozen Turkey

- <https://www.youtube.com/watch?v=HgGf38ngXHw>



Who's At Risk?

EVERYONE!

Although most mishaps involve Sailors and Marines between the ranks of E-1 and E-4, mishaps involve both men and women, officer and enlisted. Many of the mishaps are not caused by a lack of experience but by weather and holiday distractions.

Did You Know?

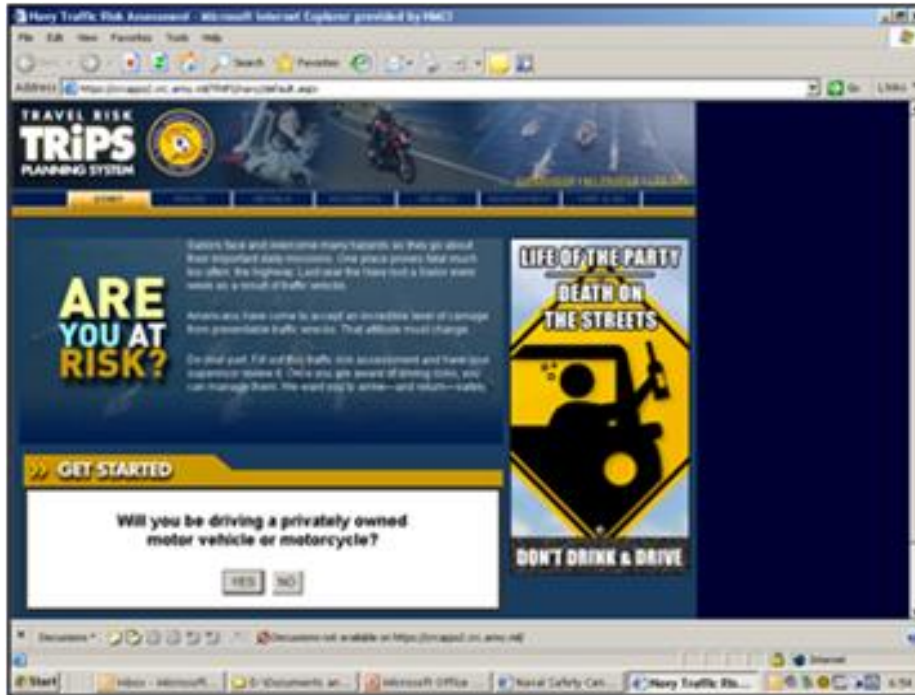
- You can still dehydrate in cold weather
- Loose layers will keep you warmer than a tight-fitting sweater or jacket
- Smoke detector batteries should be changed and tested
- Check your decoration lights for frays, shorts, and cuts to prevent fires and electrocution
- Fake trees can still catch fire
- Monitor your credit card and bank accounts for fraudulent access while shopping, especially online

Fighting Fatigue

- Start every trip well-rested.
- Drive during daylight hours.
- Schedule breaks every two hours.
- Never drink and drive.
- Pull over if you get tired.
- Caffeine is not a substitute for sleep



Use TRiPS for your Trip



- TRiPS = Travel Risk Planning System
- Easy, online risk assessment that helps you recognize and reduce travel risks
- Supervisory involvement is key
- You have the option of online and a downloadable pdf.

Access TRiPS at <https://trips.safety.army.mil/>

It's No Laughing Matter

Alcohol-related mishaps kill and injure Sailors and Marines every year between Labor Day and New Years.

In FY15, alcohol was a factor in **59** mishaps



Alcohol Awareness

- Drinking Facts:
 - Absorption of alcohol depends on
 - Your size, weight, body fat and sex
 - Amount of alcohol consumed
 - Amount of food in your stomach
 - Use of medications
 - 60% of STDs are transmitted by drunk partners
 - In 67% of unplanned pregnancies, at least one partner was drunk.

Information courtesy of www.thatguy.com



Alcohol Awareness Discussion Questions

- What do you think the Navy/Marine Corps culture is regarding alcohol.
- Has this culture changed? For better or worse?
- What would you do if you were at a party and had too much to drink?
- What are other options for getting home safely?
- What are other issues (besides driving) associated with misuse of alcohol?

How Do You Know if You Need Help?

- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won't?
- Have people annoyed you by criticizing your drinking?
- Do you ever need a drink first thing in the morning to steady your nerves or get rid of a hangover?

How Do You Know if You Need Help?

If you answered yes, even once, to the questions on the previous slide, you may have a problem with alcohol.

- Help is easy to find!
- Learn what Tricare can do by visiting
www.tricare.mil/ProviderDirectory/
<http://www.tricare.mil/mtf>
- To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP

Preventing Sexual Assault: For Victims, It's a Safety Issue

- Directly approach potential problems and express concern
- Involve friends, witnesses and authorities
- Distract the predator and remove the potential victim
- Don't leave potential victims alone



Discussing SAPR

- What would you do if you witnessed a shipmate being harassed or assaulted?
- What resources are available for victims?
- Can men be victims?
- How can you help?



Preventing Sexual Assault

Be an Active Bystander

Direct Approach

- Talk to your friend to ensure he or she is doing okay
- Pull your shipmate aside and say you think the situation is dangerous
- Point out the potential perpetrator's disrespectful behavior in a safe manner to de-escalate the situation
- Recommend to a bartender or party host that potential victim or perpetrator has had too much to drink

Involve Others

- Grab a friend or two before speaking with the potential perpetrator
- If the situation seems to be escalating, call the police

Preventing Sexual Assault

Be an Active Bystander

Distraction

Make up an excuse to get your friend get away from the creep (e.g., “I think I lost my phone. Can you help me look for it?” “I was thinking of grabbing some food, want to come with me?”)

Be a Third Wheel

If it seems like the potential perpetrator is trying to isolate your shipmate (offering him or her a ride, inviting him or her to their home, etc.) go with them.

Suicide Warning Signs

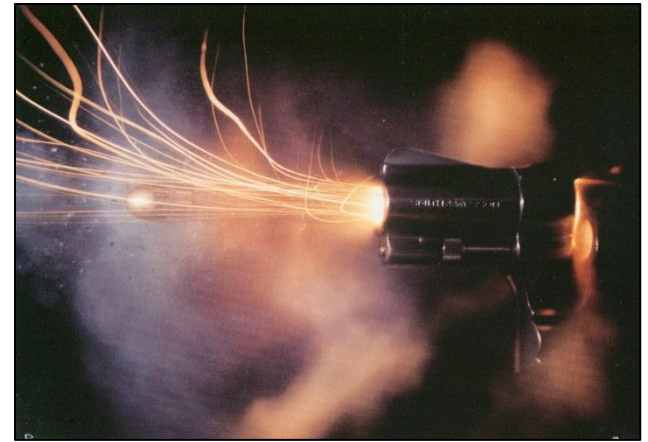
- Expressing suicidal thoughts
- Increased drug and/or alcohol use
- Withdrawal from friends and family
- Recklessness
- ACT: Ask, Care, Treat



For resources, visit www.suicide.navy.mil

Firearms

- Teach children not to touch guns.
- Treat every gun as if it were loaded. Assume nothing and always check.
- While target shooting, know your target and what is beyond it.
- Always point a firearm down and in a safe direction, never at people.
- Store guns unloaded. Keep ammo in a separate place and locked up.



Veterans Crisis Line – Call, Chat or Text



 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

IT'S YOUR CALL

**Confidential help for
Veterans and their families**

• • • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • • •

Do

Ensure all candles are blown out at night

Unplug tree lights before going to bed or leaving the house

Secure all doors, windows, and firearms before bed and leaving the house

Don't

Post travel plans online in public forums

Deep fry frozen foods indoors or near the house

Melt ice or snow with table salt

Manage those risks, and you'll have a fun
and safe fall and winter season!



www.public.navy.mil/navsafecen